

OISRA HS Race Jan 12 2019

Technique: Classic

Length: Approx 4.6km, 1 lap

Individual start, 20 sec intervals

Course: Teacup Rd -> (right on) Lakeside -> (right on) Spillway -> (right on) Stump St -> (left on) Huckleberry -> (right on) Mountain View -> (continue straight onto) Grey Jay -> (right on) Nordic Way -> (left on) Teacup Rd -> Finish

Map coming soon once I can scan it

Of note on course:

1. Section on Teacup road (wide trail) will be two-way traffic flagged down the middle from the start to the turnoff for Lakeside. This will provide a safe and fun start and finish section for the racers but will make it difficult for spectators and coaches to travel between the main portion of the course and the start finish area between when boys racers begin to finish and the end of the girls race. It is possible both heading out from the start to the course and returning from the course to the finish, but please look around you and do not interfere with racers out on course.
2. Teacup trails are narrow in many sections of the course. We suggest racers warming up, coaches, and spectators avoid skating on the course to keep the classic tracks in the best possible condition for the racers.
3. No technique zones for this race.

Schedule:

1000 Coaches Meeting

1100 Boys Individual Start, followed by Girls (same order as Meissner, Girls will start first next race)

1245 Relays on the Teatime trail (clockwise) in this order:

Boys Varsity

Girls Varsity

Boys JV

Girls JV

Promptly after relay awards in front of cabin

Cost: \$10 per racer (teams that regularly train at Teacup and other teams all pay the same \$10 rate per skier)

Payment: OISRA will invoice participating teams after the race.

Parking: Teacup Lake SnoPark on Hwy 35. SnoPark Pass required. Carpooling encouraged.

Medical: First Aid at start finish area by qualified volunteer medic. Also Mt Hood Nordic Patrol will be present at Teacup with multiple patrolers on duty.

Relay details: 3 skiers per relay team. Format will be CL, CL, CL. Classic length poles (0.83 x height or shorter) required. No technique zones. Tag must be hand to body within the tag zone. Start and end of the tag zone will be marked. Start of the tag zone will be the start line for 1st leg skiers and the finish line for last leg skiers. One varsity team per school. Mixed school JV teams encouraged. If you are looking for a third to pair with your two or have one skier who needs two more, then talk to the coaches or talk to the skiers and we'll help them get tripled up. Arm bands (flagging tape) will be provided before the relay to mark who skis first (blue tape), second (yellow tape) and third (green tape). Arm bands are to be worn one per skier on the upper arm. Responsible persons willing to help hand out tape to skiers and get the right colors on the right relay legs would be appreciated. Just show up at the relay area at the appropriate time and look for the people passing out the tape and grab a few pieces and start tying it on to the intrepid relay racers from your school.

Sweep: If your team can provide a skier to sweep the girls individual race that would be very much appreciated. Please contact me if interested. They should ski course direction behind but in sight of the last skier on course and let the finish line timing crew know they have completed their sweep when done. Note: the last girls starters are quite fast!

"Track": As for the December race at Meissner, overtaking skiers are allowed to say "track".

Cabin: Racers and others are encouraged to come dressed to ski and keep their bags and gear in the team area outside the cabin if possible. The cabin is lovely but quite small and will also be used by day skiers on Saturday.